

www.ebparks.org

"Regional in Nature"

East Bay Regional Park District

Activity Guide

February–April 2005



\$1.5 Million Gordon and Betty Moore Foundation grant doubles size of Vasco Caves



The newly purchased Souza property includes grasslands and wetlands that support special-status species that will benefit from the Park District's habitat conservation practices.

Photo by Glenn Young

The East Bay Regional Park District (EBRPD) will double the size of Vasco Caves Regional Preserve in southeastern Contra Costa County. The Park District Board of Directors in December 2004 unanimously agreed to purchase three parcels equaling 617 acres formerly owned and ranched for generations by the Souza family.

This acquisition is made possible thanks in part to a generous grant from the Gordon and Betty Moore Foundation to the Regional Parks Foundation.

"The Regional Parks Foundation was invited to apply for these funds, and we could not be more proud to be able to play a role in this important acquisition," commented Tom Williams, President of the Regional Parks Foundation Board of Directors. "We are grateful to the Gordon and Betty

Moore Foundation for making what is the largest single grant the Regional Parks Foundation has ever received!"

The Regional Parks Foundation will pass the \$1.5 million grant directly to the Park District to help fund the acquisition.

The property consists of grasslands and localized wetlands supporting a large population of special status species like California tiger salamander, California red-legged frog, and long-horn fairy shrimp. Along with habitat conservation, the Souza acquisition will create a permanent buffer for one of the most important Native American cultural resource sites in the East Bay. Vasco Caves has a unique combination of these cultural resources and geological features, including rock outcrops and vernal pools. The Souza property

will bring the preserve to a total of nearly 1,400 acres. Although currently in landbank status and closed to the public, the Park District is preparing to open the preserve with guided interpretive tours.

"This is a critical link in a 30-mile-long regional wildlife corridor," said Park District General Manager Pat O'Brien. He also notes that the population of nearby Brentwood has experienced a 260 percent increase over the last 10 years.

"Now, more than ever, it is important to preserve some of the remaining open space and culture of the area. The people who live here deserve the quality of life provided by open space and recreation opportunities. That could quickly disappear with future development," O'Brien said. Urban encroachment, the expansion of Vasco Road, Byron Airport, and the Los Vaqueros Reservoir will all impact the area.

Nancy Wenninger, EBRPD's Land Acquisition Manager, states that in purchasing the land (escrow on the \$2,961,600 purchase was scheduled to close by the end of 2004), the Park District is required to continue three wind turbine leases scheduled to expire in 2014. "Although the Park District's

ownership of land containing wind turbines may be seen as somewhat controversial, for the remainder of the leases, the District will work proactively with the California Energy Commission, wind companies, and environmental groups to seek solutions to mitigate wildlife impacts," says Wenninger. The leases will produce revenue averaging about \$80,000 per year, which will be used for restoration and management of the Souza property.

Established in 1969, the Regional Parks Foundation was the first non-profit in the United States

established specifically to encourage private contributions in support of a park agency. Since then it has raised over \$35 million to support parks and programs of the East Bay Regional Park District.

The Gordon and Betty Moore Foundation was established in September 2000 by Intel co-founder Gordon Moore and his wife Betty. It funds projects it believes will measurably improve the quality of life for future generations.

Its principal areas of concern are environmental conservation, science, higher education, and the San Francisco Bay Area.

"This is a critical link in a 30-mile-long regional wildlife corridor,"—Park District General Manager Pat O'Brien.

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General Info/Free Brochure:

.....	(510) 562-PARK
Camping Reservations	
.....	(510) 562-CAMP
Picnic Reservations	
.....	(510) 636-1684
Naturalist Program Reservations	
.....	(510) 636-1684
TDD	(510) 633-0460
Website.....	www.ebparks.org

Cover photos by Kevin Fox

Chabot Space Science Center

Chabot Space and Science Center offers hands-on interactive exhibits, planetarium shows, large format films and powerful telescopes. Make it a family day with a visit to the Center, followed by a picnic and a swim in nearby Roberts Regional Recreation Area.

Advance tickets call (510) 336-7300
10000 Skyline Blvd., Oakland, CA 94619
Joaquin Miller Road exit
off Highway 13, left on Skyline Blvd.

www.chabotspace.org

East Bay Regional Park District is a partner with Chabot Space and Science Center

EBRPD Board of Directors

Jean Siri, Ward 1
John Sutter, Ward 2
Carol Severin, Ward 3
Douglas Siden, Ward 4
Ayn Wieskamp, Ward 5
Beverly Lane, Ward 6
Ted Radke, Ward 7
Pat O'Brien,
General Manager



Thank You, Voters, for Measure CC's passage!

The East Bay Regional Park District extends a heartfelt "thank you" to voters in the western portion of the district for supporting Measure CC on November 2, 2004. Over the next 15 years, this measure will provide more than \$45 million for maintenance and improvements in the district's oldest and most historic parks from Richmond to Alameda. Revenues from Measure CC will fund much-needed renovations and additional public access to over 20 regional parks, as well as improve public safety and preserve the natural environment.

For 70 years, the board of directors and staff of the East Bay Regional Park District have provided outstanding park and recreation opportunities, wildfire protection, and habitat protection and restora-

tion. To meet growing community needs, maintain safe and enjoyable parks and plan appropriately for the future, adequate maintenance funding is essential.

Thanks to your support, our network of regional parks, trails, and shorelines will continue to offer lifelong recreation and enjoyment with outstanding resources and service.

See our Web site (www.ebparks.org/district/measurecc_update.htm) to see the improvements made possible by Measure CC's passage.

We thank you again for your support of the Regional Parks, and we reaffirm our commitment to providing the finest system of parks and trails for your enjoyment.

Sincerely,
East Bay Regional Park District
Board of Directors

Dedicated volunteers answer Doc Quack's "Call of the Wild"

By Dave "Doc Quack" Riensche

Our densely forested woodlands, cascading creeks, rolling grasslands, and magnificent marshlands are home to more than 500 fish and wildlife species.

Currently, the Park District protects and manages habitat for 70 special status fish and wildlife species. Our efforts of caring for the land ensure the preservation of native species and habitats in the East Bay region for generations to come.

Today, more than ever, the management and conservation of the District's diverse and treasured wildlife requires cautious stewardship and hands-on public involvement.

Volunteers are the cornerstone of our wildlife program, melding their energy with the expertise of our science-based staff to produce extraordinary results. By sharing their time and talents, volunteers sustain our noble cause to promote the sound stewardship of the region's important natural resources.

Wildlife volunteers participate in numerous hands-on conservation and resource management activities that

enhance wildlife habitats. Volunteer projects include re-vegetating channels with native willows and shrubs to improve an area's ecological value, creating and managing nesting habitat

for endangered birds, planting tree seedlings to enhance the regeneration of oak woodlands, placing and maintaining nest boxes, and controlling "green aliens" (noxious weeds). In addition, volunteers "immerse" themselves in the work through pond restoration efforts designed to help the region's amphibians.

Why do wildlife volunteers spend their time, energy and efforts to protect and enhance wildlife habitat in the Regional Parks? Some may say it

is because of a personal commitment to conservation or the satisfaction that volunteer service brings. Whatever the motivation, volunteer efforts have become invaluable and crucial to our Wildlife Stewardship activities.

Volunteers not only perform many indispensable, on-the-ground habitat conservation projects, but also participate in cutting-edge field research.



Dave Riensche

The California whiptail, the badger of the lizard world, is a beautiful, long, streamlined lizard that walks about sniffing out edible insects, then digs them up in a rapid frenzy.

Land Bank Tours for spring 2005

Bob Doyle, the Park District's Assistant General Manager of the Land Division, will continue the popular "Land Bank Hikes" series that began last year.

These personally guided, monthly hikes are tours through rugged, undeveloped scenic land banks that provide opportunities to see recently acquired property not yet open to the public.

This year, Bob's hikes begin with repeat tours by popular demand of Brushy Peak Regional Preserve (Saturday, March 19) and Vasco Caves Regional Preserve/Souza property (Saturday, April 16). The remaining hikes for 2005 are yet to be determined.

The cost to attend is \$10 and all proceeds go to the Ivan Dickson Trail Maintenance Fund, improving trails throughout the Regional Parks. Thus far, \$2,586 has been raised through the Land Bank Hikes series for important trail enhancements.

Call early to reserve as space on this year's hikes as space is limited. For more information or to sign up, call (510) 636-1684 (510-633-0460 TDD) or visit www.ebparks.org.



Brushy Peak.

March 19—Hike Brushy Peak and have a preview of this wonderful area currently under development. The preserve comprises 1,500 acres of wildflowers, birding, and sweeping views. The hike is a rigorous 3- to 4-mile round trip and includes difficult elevation gains. There may not be facilities available at the time of the hike.

This will be a great opportunity to learn about the process of acquiring, banking, and developing a regional preserve. The Park District's Resource Enhancement Program is providing \$2,000,000 in funding for habitat restoration. The work is scheduled for completion, and the preserve is to be opened, later this year.

April 16—Explore Vasco Caves on Bob's guided exploration through the newly acquired Souza property (see story on facing page). In addition, see the carefully protected caves that are sacred to Native Americans. See vernal pools, wildflowers, rare plants, a thriving bird community, and stunning vistas of East Contra Costa County. The hike is a rigorous 2-mile loop and includes uphill climbs. There are no facilities.

Our trained volunteers help monitor riparian woodland songbirds, grassland dwelling reptile populations, and wetland nesting birds. Thanks to their assistance, the Park District is implementing management strategies that are a great benefit for wildlife and future generations of park users.

The dawning of a new year is a great time to look ahead and seize the opportunity to do something truly heroic for generations to come. In our society, resource management and conservation education play key roles in shaping the future of our environment. Here in the East Bay we have an amazing array of wildlife and stunning scenery—literally, like no place on earth! And we have people of all ages who care deeply about these resources. But we can only do so much. Right now, the demands for natural resource stewardship far surpass our staff's size. As you experience the sights and sounds of your East Bay Regional Parks this year, consider your special place in them and the role you can play when you answer the "call of the wild" by volunteering to preserve our rich natural grandeur.

Dave Riensche is the Wildlife Resource Analyst for the Park District and a Biology/Ecology Instructor at Las Positas College.

Beverly Lane elected Board President for 2005

Beverly Lane of Danville was elected in December 2004 as President of the East Bay Regional Park District's Board of Directors for 2005.

Lane has served on the Park District Board of Directors for over 10 years. Prior to joining the Board, she had an extensive record of public service, which includes several terms as the mayor of Danville.

Lane was the founding president of both the Danville Association and Museum of the San Ramon Valley and she co-founded the Iron Horse Regional Trail. Lane replaces previous President Doug Siden of Alameda, who remains active on the board.

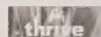
Other executive officers for 2005 include Carol Severin of Castro Valley as Vice President, John Sutter of Oakland as Treasurer, and Ayn Wieskamp of Livermore as Secretary. Ted Radke of Martinez and Jean Siri of El Cerrito also serve on the board.



EAST BAY REGIONAL PARK DISTRICT AND

KAISER PERMANENTE

are proud partners in 2005 with the mutual goal of promoting health and fitness.



Health Matters

Did you know that taking 10,000 steps a day (about 5 miles) can improve health and reduce the risk of chronic disease? Research shows that moderate physical activity added to your daily life can be as beneficial as an intense workout. Physical activity also contributes to muscle, bone, and joint health, helps us feel better, and gives us more energy.

Try these 3 simple steps for success

1. Take it one step at a time. Remember to start at a level that is comfortable for you—if this means a 5- or 10-minute walk twice a day, that is fine.

2. Warm up and cool down. Take five minutes to walk slowly and do some gentle stretches before you begin and when you are finished exercising.

3. Include the three kinds of physical activity. A little of each type of activity is best.

1—Stretching muscles enhances flexibility and helps prevent injury. 2—Strengthening and toning your muscles through calisthenics or weight lifting increases muscle mass and metabolism. 3—Aerobic activity is important for heart, blood vessels, and lung health. Walking, jogging, dancing, bicycling, and swimming are all good aerobic activities.

A word about safety

If you are over 50 years old or have a health problem, you should consult your physician before beginning a physical activity routine. If you experience dizziness, faintness, nausea, or chest tightness, stop. Finally, always wear appropriate clothes, reflective wear at night, and comfortable shoes.

Kaiser Permanente is a major sponsor of the Park District's 2005 Trails Challenge. To learn more about getting in shape and healthy lifestyles, including The 10,000 Steps® Program, log onto Kaiser Permanente at www.kp.org (you do not need to be a member of Kaiser to join these programs).

Plan now for a Regional Parks Summer Camp



The Park District's Recreation Department is collaborating with a wide variety of day camp providers to offer your child an exciting summer in the Regional Parks. Day camps

fill-up quickly, so plan ahead. Our Day Camp Directory will be available mid-March. To receive your copy, please call (510) 544-2512 or send an email to Recreation@ebparks.org. Camperships are available to qualifying families.

Lake Chabot Tour Boat

Tour scenic Lake Chabot by boat. Group charters are available. Public tours on weekends (Memorial Day through Labor Day). Call for time schedule and information: (510) 247-2526.

Seasonal Employment Available

The Park District offers a variety of seasonal full-time and part-time jobs working in the parks, ideal for students. For more information, visit the Human Resources Department at 2950 Peralta Oaks Court in Oakland, CA 946045, or phone (510) 544-2154



Sunol docents at the Green Barn Visitor Center.

DOCENT TRAINING

Sunol Regional Wilderness—Sunol will offer a 12-week training course beginning Tuesday, Jan. 18, preparing new docents and volunteers to assist naturalists with natural and cultural history programs, and resource and stewardship projects. For more information, call (925) 862-2601. Fee: \$50 (non-res. \$56).

Ardenwood Historic Farm—Would you like to share your enthusiasm for history with others? We're looking for people who want to learn to cook on a wood stove, demonstrate antique farm machinery, and teach history crafts such as spinning, weaving, and toy making. No experience is necessary, just a willingness to dress in period costume and help our interpretive staff create a friendly, welcoming atmosphere for visiting schoolchildren and families. Our six-session training course will begin in March. Call (510) 796-0199, or email ardenwood@ebparks.org for an application and details.

Nature Nearby is available on the Web

Nature Nearby is a bimonthly newsletter featuring Park District programs and activities, and topical feature articles written by the interpretive, recreation and aquatics staff. Inside you'll find a handy pullout calendar publicizing programs at our six Visitor Centers or the recreation and aquatics units. Nature Nearby is available at www.ebparks.org. To receive a current calendar from your favorite Visitor Center or to get your monthly calendar as an email newsletter, please call (510) 544-2550, or email us at naturenearby@ebparks.org.

It is our sincere hope to continue the publication and distribution of this newsletter at Visitor Centers, but the impacts of the State budget on EBRPD's operations may make this impossible. However, it will always be accessible on our website.

Trails Challenge and May Marathon

Commit to get fit in your Regional Parks by joining this extremely popular, self-guided hiking program! The 2005 Guidebook has 20 of the best hikes in the East Bay Regional Park District. Sign up for the Trails Challenge or May Marathon: all participants receive a guidebook, T-shirt, commemorative pin, and special gift. Plus, we offer family discounts. Call (510) 636-1684, or visit our Web site at www.ebparks.org for information.



Botanic Garden Plant Sale and Docent-Guided Tours

Native Plant Sale—Saturday, April 16, 2005, 10 a.m. to 3 p.m., at the Regional Parks Botanic Garden in Tilden Regional Park, Berkeley (Wildcat Canyon Road & South Park Drive, near the Brazil Building). A fun day for all who love California native plants. Garden staff and docents will be ready to enlighten and entertain us. For more information, call (510) 841-8732 or see www.nativeplants.org. All proceeds benefit the Regional Parks Botanic Garden. Please bring cardboard boxes, if possible, to carry your purchases, and an umbrella if it rains. Refreshments will be available.

Docent-Guided Tours—Learn about California native plants in this beautiful, naturalistic 10-acre garden. Free docent-guided tours are offered Saturdays and Sundays at 2 p.m. The garden is open daily 8:30 a.m.-5 p.m. Admission and parking are free. The garden is located at Wildcat Canyon Road and South Park Drive in Tilden Regional Park in Berkeley (South Park Drive is closed through March). Docent training is offered at the garden on Tuesdays, 9:30 a.m.-12:30 p.m., beginning after Labor Day. For more information see www.nativeplants.org, call the garden at (510) 841-8732, or contact Garden Director Glenn Keator at gkeator@aol.com.

TWO DAY TOWN

FAMILY CAMPING & COMMUNITY MUSIC



Campers relax to the sounds of strumming six-strings at last year's Two Day Town event at Del Valle.

The fifth annual Two Day Town—The East Bay's only camping and music weekend—occurs April 22, 23, and 24 at Lake Del Valle, just south of the Livermore Valley.

Enjoy family camping and community music at its finest. This year, the event introduces a new feature—NapTime!—from 3-6 p.m. on Saturday.

Come on out and join Doc Hales' Wilderness Initiation Walks, and check out the 25 bands and dance troupes, or just do nothing for a couple of days. Rain AND Shine, it

is happening.

Enjoy yoga, massage, the Fretted Friends Camp Music Store, Redmond's Garden Song Cafe, Bobby's Bike Tour, and more!

Bring the children to enjoy kids and family activities on Saturday and Sunday. A weekend pass is \$50, a one-day pass is \$25, or become a Two Day Town Volunteer. Kids 2 and under get in free!

"Leave No Trace" camping practices are respected at this event—you bring it in, you take it out.

For more information and a flyer, call (510) 287-9095 or go to eastbay-musicscene.com.

REGISTER ONLINE WITH WEBREG

Did you know that you can now register for events and programs online through the Park District's website? WebReg is a great way to get information about upcoming programs, register online for recreation and interpretive programs, find out about upcoming special events and gather information on reservable facilities for weddings, reunions, and family picnics. It's quick and easy to use. Go to www.ebparks.org and look for the link to WebReg in the middle of the page.

Browse upcoming activities, programs, and facilities by clicking the "Programs & Activities" or "Facilities" tabs above. Please note that some of our programs and activities require no registration or are not available for online registration. This is noted at the end of each program description paragraph.

To register online you will need a Customer ID Number and Password. If you have registered for programs through the Regional Parks Reservations Services Office, the system has already assigned them

for you and (if you gave us your current e-mail address) all you have to do is use the "Forgot My Password" feature on the "My Account" tab above. If we don't have your e-mail address, call the office during business hours and we will add it to your customer record so you may access your Customer ID Number and Password.

If you have never registered for a program with us before, you can create a new account by going to the "My Account" tab above and clicking on the "Create New Account" button. Once you've been added to the database, you can register for programs open for online registration. WebReg online registration is a new feature that we hope you will find very useful. We welcome your feedback and we will make every effort to improve our service to you. If you have any questions, please contact the Reservations Services Office Monday through Friday between 8:30 a.m. and 4:30 p.m. at (510) 562-2267 or send us an e-mail at reservations@ebparks.org.

AQUATICS

ROBERTS POOL

Roberts Pool in Oakland offers American Red Cross swim lessons with 4 to 6 students per instructor, with emphasis on personal safety and fun. Refer to the skill level descriptions below to determine placement, then check session dates and times for availability.

Registration required: (510) 636-1684. Phone, walk-in, or internet registration only, no mail-in registration accepted.

SKILL LEVEL DESCRIPTIONS:

Parent and Me—for children 6 months to 5 years, must be accompanied by an adult in the water, designed to help children become comfortable in the water so they are ready to learn to swim. Parents learn teaching skills to assist their children. No pre-requisite.

Level 1—Water Exploration: for age 5 and older, skills include bobbing, supported floating, blowing bubbles, kicking, and personal safety. No pre-requisite.

Level II—Primary Skills: skills include unsupported floating, kicking, finning, combined arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Pre-requisite: Level I skills.

Level III—Stroke Readiness: skills include object retrieval, jump/dive recovery, front/back crawl stroke, elementary backstroke kick, tread water, and personal safety. Prerequisite: Level II skills.

Level IV—Stroke Development: front/back crawl and elementary backstroke, introduction to breast stroke, side stroke, standing front dive, open turns at walls, rescue breathing, and CPR. Pre-requisite: Level III skills.

Level V—Stroke Refinement: continue Level IV strokes/turns, introduction to butterfly and personal safety while diving, spinal injury awareness. Pre-requisite: Level IV skills.

Level VI—Advanced Skill Proficiency: technique and endurance for Level V skills, turns for all strokes, additional safety and rescue skills. Pre-requisite: Level V skills.

MORNING SWIM LESSONS

Roberts Pool, Oakland Staff
Group lessons for children. Ten half-hour lessons scheduled on weekday mornings for two consecutive weeks. Bring a picnic lunch. (Please note * denotes 45-minute classes at \$70/session. Level V is 10:45-11:30 a.m., Level VI is 10:10-45 a.m.)

Registration required: (510) 636-1684

Fee: \$50/session (non-res. \$56)

Session 1: 6/13-6/24 (Mon.-Fri.)

10-10:30am.....Levels II, III, IV, VI*

10-10:30am.....Levels I, II, IV, V*

11-11:30am.....Levels I, II, III, IV

11-11:30am.....Parent and Me, II, III

Session 2: 6/27-7/8 (Mon.-Fri.)

10-10:30am.....Levels I, II, III, IV

10-10:30am.....Levels I, II, III, IV

11-11:30am.....Parent and Me, II, III

Session 3: 7/11-7/22 (Mon.-Fri.)

10-10:30am.....Levels II, III, IV, VI*

10-10:30am.....Levels I, III, IV, V*

11-11:30am.....Levels I, II, IV

11-11:30am.....Parent and Me, II, III

Session 4: 7/25-8/5 (Mon.-Fri.)

10-10:30am.....Levels I, III, IV, V*

10-10:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, I, II, IV

11-11:30am.....Parent and Me, II, III

Session 5: 8/8-8/19 (Mon.-Fri.)

10-10:30am.....Levels II, III, IV, VI*

10-10:30am.....Levels I, III, IV, V*

11-11:30am.....Levels I, I, II

11-11:30am.....Parent and Me, II, III

Session 6: 8/22-9/2 (Mon.-Fri.)

10-10:30am.....Levels I, III, IV, V

10-10:30am.....Levels I, II, III, IV

11-11:30am.....Levels I, I, II, IV

11-11:30am.....Parent and Me, II, III

EVENING SWIM LESSONS

Roberts Pool, Oakland Staff
Group lessons for children and adult beginners. Ten half-hour lessons scheduled on weekday evenings for two consecutive weeks. Bring a picnic dinner.

Registration required: (510) 636-1684

Fee: \$50/session (Non-res. \$56)

Session A: 6/13-6/24 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6:30-7pm.....Levels I, II

7-7:30pm.....Levels II, III, IV

Session B: 6/27-7/8 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6:30-7pm.....Levels I, II

7-7:30pm.....Levels III, Adult Beginner

Session C: 7/11-7/22 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6:30-7pm.....Levels I, II

7-7:30pm.....Levels III, IV

Session D: 7/25-8/5 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6:30-7pm.....Levels I, II

7-7:30pm.....Levels III, Adult Beginner

Session E: 8/8-8/19 (Mon.-Fri.)

6-6:30pm.....Parent and Me

6:30-7pm.....Levels I, II

7-7:30pm.....Levels III, Adult Beginner

PRIVATE SWIM LESSONS

Roberts Pool, Oakland Staff
6/13-9/2, Mon/Tues or Wed/Thurs/Fri.
7:30-8pm
Want to improve your swimming skills? Does your child need special attention? Private lessons are offered for all ages and consist of one-on-one instruction to achieve maximum results. Two and three-day sessions available. Includes half-hour lesson each day.

Registration required: (510) 636-1684

Fee: \$45/two-day session (Non-res. \$51)

\$65/three-day session (Non-res. \$73)

RECREATION SWIM

Roberts Pool, Oakland Staff
11am-6pm, Sat, Sun, & Holidays 3/27-10/9
3:30-5:30pm, Mon, 6/13-8/29
12:30-5:30pm, Tues-Fri, 6/14-9/2
Enjoy swimming in an outdoor pool. Pool is 25 yards long, heated, disabled accessible; lifeguard service provided. 15-minute adult swim every hour. Children under 12 years get in free.

Information: (510) 636-1684

Fee: \$3/adult, \$2/senior, child & disabled

DISABLED SWIM

Roberts Pool, Oakland Staff
12:30-3:30pm, Mondays only: 6/13-8/29
Enjoy our completely accessible pool. This time is reserved exclusively for disabled guests and their families.
Information: (510) 636-1684
Fee: \$3/adult, \$2/senior, child & disabled

PRIVATE POOL RESERVATIONS

Roberts Pool, Oakland Staff
M-F daytime only, 3/28-6/10
M-F daytime only, 9/6-1/07
Roberts Pool is a perfect facility for a swim party. Lifeguard service is provided. 150 person maximum; alcohol not permitted.
Registration required: (510) 636-1684

Fee: Call

CONTRA LOMA

Contra Loma, Antioch Staff
Group lessons for children. Ten half-hour lessons scheduled on weekday evenings for two consecutive weeks (Monday-Friday). See skill level descriptions at left.

Session 1: 6/13-6/24 (Mon.-Fri.)

6:30-7pm.....Parent and Me, I, II, III

6:30-7pm.....Parent and Me, I, II, III

7-7:30pm.....Levels I, II, IV, V

Session 2: 7/11-7/22 (Mon.-Fri.)

6:30-7pm.....Parent and Me, I, II, III

6:30-7pm.....Parent and Me, I, II, III

7-7:30pm.....Levels I, II, IV, V

Session 3: 7/25-8/5 (Mon.-Fri.)

6:30-7pm.....Parent and Me, I, II, III

6:30-7pm.....Parent and Me, I, II, III

7-7:30pm.....Levels I, II, IV, V

Session 4: 8/8-8/19 (Mon.-Fri.)

6:30-7pm.....Parent and Me, I, II, III

6:30-7pm.....Parent and Me, I, II, III

7-7:30pm.....Levels I, II, IV, V

Session 5: 8/22-9/2 (Mon.-Fri.)

6:30-7pm.....Parent and Me, I, II, III

6:30-7pm.....Parent and Me, I, II, III

7-7:30pm.....Levels I, II, IV, V

Session 6: 9/5-9/16 (Mon.-Fri.)

6:30-7pm.....Parent and Me, I, II, III

6:30-7pm.....Parent and Me, I, II, III

7-7:30pm.....Levels I, II, IV, V

Session 7: 9/19-9/30 (Mon.-Fri.)

6:30-7pm.....Parent and Me, I, II, III

6:30-7pm.....Parent and Me, I, II, III

OPEN WATER

SNORKEL/SCUBA EXPLORATION

Shadow Cliffs Local Dive Stores
Ongoing, call for dates & times
Snorkeling and scuba lessons for beginners, and specialty classes for certified divers. (12+yrs)
Fee: Call Info: (510) 544-2512

LAP SWIM

April-October during regular swim hours
Swim laps in a lake—no chlorine, no walls, large lanes! Bring goggles, cap, kickboard, pull buoy and hand paddles as desired.
Available at Lake Anza (Tilden), Quarry Lakes, Shadow Cliffs and Lake Temescal.
Fee: varies Info: (510) 636-1684

JUNIOR LIFEGUARDS

9am-3pm, Mon.-Fri. (2-week sessions)
Available at six locations:
Daily extended care available 3-6pm
Beach and water fun for youth. Instruction in water safety, first aid, CPR, lifeguard skills and equipment, and physical conditioning. Emphasis is on self-esteem, teamwork and fun. Must complete a 50-yard swim test the first day. Pre-testing is available. (9-15yrs)
Reg. Required: (510) 636-1684
Fee: \$190/2-week session (non-res. \$210)
10% discount for siblings and multiple sessions.
Mandatory Uniform: \$30—shorts, T-shirt, hat
Optional extended care 3-6 p.m. daily: \$120/session.

Course #.....Date.....Park Location
8510.....6/20-7/1.....Lake Anza
8515.....7/11-7/22.....Lake Anza
8527.....8/1-8/12.....Lake Anza
8511.....6/20-7/1.....Contra Loma
8517.....7/11-7/22.....Contra Loma
8522.....8/1-8/12.....Contra Loma
8512.....6/20-7/1.....Cull Canyon
8518.....7/11-7/22.....Cull Canyon
8523.....8/1-8/12.....Cull Canyon
8513.....6/20-7/1.....Quarry Lakes
8519.....7/11-7/22.....Quarry Lakes
8524.....8/1-8/12.....Quarry Lakes
8514.....6/20-7/1.....Quarry Lakes
8520.....7/11-7/22.....Shadow Cliffs
8525.....8/1-8/12.....Shadow Cliffs
8515.....6/20-7/1.....Lake Temescal
8521.....7/11-7/22.....Lake Temescal
8526.....8/1-8/12.....Lake Temescal

RECREATION

For Recreation program information, call (510) 544-2553 or email recreation@ebparks.org. Special Cancellation Policy applies for all Recreation programs; see page 11. All classes dependent on registration minimums.

MAY MARATHON & TRAILS CHALLENGE

Join us for this extremely popular, self-guided hiking program! With your registration you will receive the 2005 Guidebook filled with 20 of the best hikes in the Park District. This year, Trails Challenge (#9036) invites you to hike 5 of the 20 trails by December. Participants receive the 2005 commemorative pin, the Trails Challenge T-shirt and a special gift! May Marathon (#9036) invites you to complete 26 miles during the month of May. You will receive the commemorative pin, the long-sleeved May Marathon T-shirt, and the special gift! These programs are a great way to see new parks, get outside, be active, and get healthy. Trails Challenge Family Discount: The first participant joins at regular price and each additional family member is \$1 off. This discount is not available for online registration. Discounts will not be given once online registration is completed. To receive the discount you may register by mail, phone or fax. Please sign up for one or the other. Note: only one T-shirt will be awarded per program. If you would like both shirts, sign up for both programs. Thanks for joining!

Reg. Required: (510) 636-1684
May Marathon Fee: \$17 (non-res. \$19)
Trails Challenge Fee: \$12 (non-res. \$14)

SURVIVAL & OUTDOOR SAFETY

9am-4pm, Sat, Feb 12 #8600, Mar 12 #8601, Apr 10 #8602 Gene Ward
This workshop, taught at Lake Chabot by one of the country's leading experts in wilderness survival, is packed with information for outdoor enthusiasts. Learn how to dramatically increase your chances of staying alive when things don't go as planned. Activities and demonstrations include making survival kits, making emergency storm shelters, fire-starting techniques, map-and-compass 101, emergency signaling techniques, knots and lashings, and food and water procurement. 17+yrs.
Reg. Required: (510) 636-1684
Fee: \$50/session (non-res. \$56)

INTRO TO GOLF

1-3pm, Sat, Feb 12 #8621 Amer. Golf Corp.
5-7pm, Tue, Feb 22 #8622
10am-noon, Sat, Mar 5 #8623
1-3pm, Fri, Mar 18 #8624
5-30-7:30pm, Thu, Apr 7 #8625

This introductory clinic at the Tilden golf course teaches pre-shot fundamentals, terminology/equipment overview, and full-swing fundamentals. Instructors will discuss how you can continue if you'd like to play on the course. Golf balls and loaner clubs provided. Participants receive a \$20 range card for the driving range and \$20 off a future class at the course. This class must have four people—learn how to golf and invite your friends! 14+yrs.
Reg. Required: (510) 636-1684
Fee: \$50 (non-res. \$56)

INTRO TO FLYFISHING

10am-4pm, Sun, Feb 13 #8612, Mar 13 #8613, Apr 10 #8614 Fish First!
This informative day is geared toward the beginning angler. Spend three hours at Lake Anza to practice casting with a certified fly-casting instructor, then enjoy three hours of classroom instruction for an introduction to knots, fly selection, reading the water, and more. 18+
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

BEGINNING PORTRAIT PHOTOGRAPHY

8am-noon, Sat, Feb 19 & 26 #8596, Jack Ligon
Apr 9 & 16 #8597
Join us for a fabulous photography class at Lake Chabot that will have you seeing from a brand-new perspective. Posing, composition, light, and color will be covered. Your personal style and vision will be enhanced by the many stimulating class exercises offered. Create studio-like portraits in the great outdoors. Any camera will do. 15+yrs.
Reg. Required: (510) 636-1684
Fee: \$65 (non-res. \$73)

BASICS OF TROUT FISHING

7-9am, Sat, Feb 26 #8649
The Regional Parks have some of the best fishing around, so join this class at Shadow Cliffs where participants are introduced to the basics of trout fishing. Learn about ecology, casting techniques, knot tying, gear selection, and the different types of bait. This class includes hands-on fishing! Rods and reels provided. A valid California fishing license is required for participants 16+. Parent participation required for children 5-15.
Reg. Required: (510) 636-1684

DISCOVER KAYAKING

11am-3pm, Sat, Feb 26 #8607, Sat, Mar 26 #8608, Sat, Apr 10 #8609 Current adventures
This course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water from certified instructors. Beginners learn equipment selection and basic paddling techniques while touring Lake Chabot in a single kayak (double kayakers available upon request and for adult/child paddlers). Includes a stop for a shared potluck lunch. Parent participation required for youth age 5-13.
Reg. Required: (510) 636-1684
Fee: Adult 14+yrs. \$79/Child 5-13 \$55 (non-res. \$87/\$65)

games, a scavenger hunt, and explorations, you'll discover the secrets hidden by the marsh's waters and how we can help this ecosystem. 6-9rs.

Reg. Required: (510) 636-1684

NECTAR GARDEN PHOTO TRIBUTE

10:30-noon, Sat, Mar 12 Southworth/Jedlovac
Join in a stunning photographic tribute to the flora and fauna found in the Nectar Garden. More than 50 species will be highlighted. Take a walk through the garden and learn techniques for attracting and photographing wildlife.

INTRO TO OHLONE BASKETRY

10am-noon, Sun, Mar 20 Ortiz/Bachmann
Join today's program where you'll learn about the materials and techniques of this nearly lost, ancient tradition. You'll also learn about the history and culture of the Ohlone.

SHELLMOUND OPEN HOUSE

1:30-4pm, Sun, Mar 20, Apr 17 Beverly Ortiz
Walk a half-mile to a village site where the Tuibon Ohlone lived for more than 2,000 years to learn about their history and culture. **March 20**-Carol Bachmann (Mutsun Ohlone) and naturalist Beverly Ortiz will work on Ohlone-style baskets. **April 17**-Mike Bonillas (Mutsun Ohlone) will show you how to make fire with elderberry and cedar while Ortiz works on an Ohlone-style basket. If it rains, the programs will be moved to the Visitor Center.

ARMCHAIR BIRDING—

"THE RAPTORS OF TULE LAKE"

10:30-noon, Sat, Mar 26 Southworth/Jedlovac
Lower Klamath Wildlife Refuge is a premier flyway for bird migration. Nature photographer Don Jedlovac has just returned from a photo expedition to this vast wilderness. Through state of the art digital technology we will learn why bald eagles and other raptors are attracted to this birding hotspot. Then we'll get deeper into our subject by dissecting a raptor bolus (ie. pellet) to see what one species has been eating.

SHELLMOUND WORKDAY

10am-4pm, Sun, Apr 3 Beverly Ortiz
Join us in the reconstruction of Ohlone village houses at a more than 2,000 year-old village site of the Tuibon Ohlone. Work on a variety of structures and clean and weed the site, as you learn how the Ohlone were successful living in this area for so long. Wear jeans, bring gloves and lunch. 12+rs.

Reg. Required: (510) 795-9385

CENTRAL CALIFORNIA INDIAN

COILED BASKETRY

7-9:30pm, Thu, Apr 7, May 5, Jun 2, Jul 7, Aug 4 and Sun-2:30pm, Sun, May 1 88786

Ortiz/Bachmann
Learn the basics of coiled basketry using sedge, willow and redbud, then make your own basket using Sierra Mewuk techniques. Ohlone techniques will be introduced by Carol Bachmann (Mutsun Ohlone). In May you'll have an opportunity to gather your own sedge and willow. 18+rs.

Reg. Required: (510) 636-1684

Fee: \$150 (non-res. \$166)

FLOWER FANTASIA

9:30-11:30am, Sat, Apr 16 88777 Parkison
Find out which flowers can attract flying insects like hummingbirds and butterflies. Then we'll select a few flowers to press and make arrangements, sun catchers, or magnets. 8+rs.

Reg. Required: (510) 636-1684

Fee: \$3

FIRE MAKING WORKSHOP

10am-noon, Sun, Apr 17 88791 Ortiz/Bonillas
Mike Bonillas (Rumsen/Mutsun Ohlone) will teach you the basics of fire making with an elderberry spindle and buckeye hearthboard. You'll learn about Native American uses of plant materials to make fire and make your own fire kit. 16+rs.

Reg. Required: (510) 636-1684

Fee: \$20 (non-res. \$22)

BABY BIRDS

10:30am-noon, Sat, Apr 17 Southworth/Jedlovac
Celebrate the season by getting up close and personal with Coyote Hills' bird babies through the art of digital photography. After viewing some breathtaking digital images of nesting behavior

we'll wander up to Hoot Hollow to see if we can spot the baby great horned owls.

SPRING BUTTERFLY FESTIVAL

10am-4pm, Sat, Apr 30 Southworth/Parkison
Join us for the 6th annual Butterfly Festival. Dedicated to increasing the numbers and species of butterflies in our Bay Area landscapes, the festival offers adventure and learning. Get up close and personal with the "flying jewels" of nature. Learn how you can bring your backyard to life by creating wildlife friendly habitat! Enjoy wildflower walks, garden tours, face painting, and educational speakers. See the Monarch butterfly release in the afternoon.

CRAB COVE

Crab Cove Visitor Center reopens Saturday, March 5, then it will be open Wednesday-Sundays from 10 a.m.-4:30 p.m. through November. School programs are available. For information about naturalist programs or other activities, call (510) 521-6887 or email cove@ebparks.org.

CATCH OF THE DAY

2-3pm, Sat-Sun, March-April Interpretive Staff
There are so many fun things to do by the Bay! Each day will have something different, from discovering birds feeding along the shore to finding out about sharks, whales, and more! Call ahead to find out what's featured for the day of your visit and be sure to check out our exhibits!

CRAB COVE OPENING DAY

10am-4:30pm, Sat, Mar 5 Gail Broeders
Celebrate Crab Cove's re-opening; this is our 25th year of providing adventures by the Bay! 11 a.m.-noon: Armchair Adventure-If you plan to go whale watching this season, attend our Gray Whale Orientation and slide show. We'll discuss why they migrate along the coast and what you might experience during a boat trip to look for our states' official marine mammal. Crab Cove offers boat trips in March; join our naturalists on the water. 1:30-3 p.m.-Low Tide Walk: Explore the cove with a naturalist on this minus tide. We'll search high and low looking for our namesakes-it is called "Crab Cove" after all. Or stop by the beach which changed over the winter. Call (510) 521-6887 for a schedule.

WHALE WATCH BY BOAT

9:30am-12:30pm, Sun, Mar 6 88933, Sat, Mar 12 88934, Sun, Mar 20 88935, Sat, Mar 26 88936

Interpretive Staff
Gray whales are migrating northward close enough to our coastline for viewing! Enjoy a morning at sea, with our expert naturalists, as we look for these magnificent creatures. Every trip is different, with chances of seeing sea lions, sea otters, and a variety of birds. Note: A trip orientation is offered at the Visitor Center, Sat, March 5, 11-noon. Trips are out of Half Moon Bay on board the *North Captain Pete*. 8+rs.

Reg. Required: (510) 636-1684

Fee: Adult \$36/Senior & child \$30 (non-res. \$40/\$34)

ESTUARY EXPLORERS

3:30-5pm, Thu, Mar 10, 24, Apr 14, 28 Krebs/Facendini
Estuary Explorers is designed for 6-8 year olds. This fun-filled experience includes outdoor exploration and a theme-related craft and snack. Parents/guardians are encouraged to drop off their child to allow for a slightly more independent nature experience. **March 10-Crusin' The Cove, March 24-Whales Tale, April 14-Wild About Weather, April 28-Celebrate Earth Day.**

Reg. Required: (510) 521-6887

Fee: \$6 (non-res. \$8)

EGG-CITING EGGS

1-4pm, Sat, Mar 19 Gail Broeders
Learn about nature's perfect packaging. Discover the many varieties of eggs and how each one fits the animal's habitat and lifestyle. Use natural dyes to create your own exciting works of art.

SEA SQUIRKS

10:30-11:30am, Tue, Mar 22, Apr 12, 26 3-4:30pm, Sun, Mar 13, 27 Krebs/Facendini
Discover the wonders of nature with your little one through a program exclusively for 3-5 year olds accompanied by an adult. Outdoor exploration and a theme-related snack will be provided. See our "Sea Siblings" (below) if you prefer to have 1-5 year olds join their 3-5 year old

siblings. **March 13-Special Sunday Sea Squirks: "Taking Care of Babies," March 22-Whales Tales, March 27-Special Sunday Sea Squirks: "Eggs-ceptional," April 12-Wild About Weather.**

April 26-Celebrate Earth Day

Reg. Required: (510) 521-6887

Fee: \$6 (non-res. \$8)

SEA SIBLINGS

9:30-10:30am, Tue, Mar 29, Apr 5, 19 Krebs/11am-noon, Tue, Mar 29, Apr 5, 19 Facendini
Sea Siblings is created for the 3-5 year old learning ability while providing the option of inviting 1-5 year old siblings or friends. This class includes outdoor exploration and a theme-related craft. All children pay the same fee. **March 29-Whale Tales, April 5-Wild About Weather, April 19-Celebrate Earth Day.**

Reg. Required: (510) 521-6887

Fee: \$4

MINUS TIDE SERIES

11am-1pm, Sat, Apr 2, 20, 7-9am, Sat, Apr 9 Bethany Facendini

Why is this incredible marine reserve called Crab Cove? How have the creatures adapted to their surroundings? Discover the diverse habitats revealed during low tides! We will explore a different topic each week. This guided walk will include nature games appropriate for all abilities and age levels. Be prepared for a fun-filled adventure in a wet and muddy environment. **Reg. Required: (510) 521-6887**

ALAMEDA EARTH DAY FESTIVAL

11am-4pm, Sat, Apr 23 Bethany Facendini
Celebrate earth day with Crab Cove and the City of Alameda! Learn how you can make a positive difference in sustaining the health of our environment. Enjoy a variety of exhibits, children's activities, games and entertainment.

SUNOL

Sunol Visitor Center is open Sat.-Sun., 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svsiii@ebparks.org.

WILDERNESS TREKERS

Times and dates vary Interpretive Staff
Kids and adults will take a trek to explore the changing seasons in the wilderness. There will be a different topic each session. Parental participation usually optional but may be required for some programs. Enrollment limited. Grades K-6. **Reg. Required: (925) 862-2601**

Fee: \$6 (non-res. \$8)

OUTDOOR DISCOVERIES

10-11:30am, Thu, various dates Interpret. Staff
Children and adults will explore the winter and spring in the wilderness. Different natural or cultural history adventures presented each week. Enrollment limited. Call for availability. 3-5rs.

Reg. Required: (925) 862-2601

Fee: \$6 (non-res. \$8)

A PEEK AT THE MAGUIRE PEAKS

9am-2pm, Sat, Feb 5 Cat Taylor
We'll take a 5-mile stroll spying on spring wildflowers and attempt to catch a glimpse of the tule elk in the adjoining San Antonio watershed. Bring water, lunch and binoculars. We'll carpool to the staging area. 7+rs.

SCIENCE FOR TYKES

3-4:30pm, Sat, Feb 5, 26, 2-3:30pm, Sat, Mar 19, 3:30-5pm, Sat, Apr 16, 30 Cat Taylor
Building scientists ages 4-8 years and their families are invited on a series of science programs set in a wildly exciting outdoor laboratory. Feb 5-Fun Times with Fungi: We'll search for where a mold might grow as we discover the fascinating world of "fungus amongus." Feb 26-Vernal Pools: We'll hike to a vernal pool teaming with life. **March 19-Nibbling on Nature: Sample some of Mother Nature's bounty. April 16-Bees, Birds, Buds and Blooms: We'll peer into the colorful and fragrant world of flowers and their pollinators. April 30-Stone Soup: We'll listen to the stories that rocks have to tell us.**

Reg. Required: (925) 862-2601

Fee: \$6 (non-res. \$8)

ECO-EXPLORERS

5-8pm, Sat, Feb 12, 12-4:50pm-2:45pm, Sat, Apr 16, 9:30am-2pm, Sat, Apr 30 Cat Taylor
For adventurous children in grades 3-7 and their families who want a more intensive experience in the great outdoors. **Feb. 12, Pleasanton**

Ridge-Dinner-To-Darkness Hike: Discover the world of nocturnal life. **April 16**, Sunol-Nature Navigating: We'll learn about compasses, maps and GPS to find some hidden treasure. **April 30**, Sunol-"W" Tree Rock Scramble: scramble up the rocky, craggy creek bed of the "W" tree. One adult per child. Kids must be closely supervised in the rock scramble. We may be contending with boulders, pools, and dense vegetation, so be prepared for some rough scrambling! grades 3-7. **Reg. Required: (925) 862-2601**

VALLEY NATURE RIDGE

10-4:45am, Sun, Feb 13 88717, Mar 6 88718, Mar 20 88719, Apr 3 88720, Apr 24 88721

Enjoy an introduction to the cultural and natural history of Sunol, then a 20-minute guided horseback ride. Parent participation required. 7+rs.

Reg. Required: (510) 636-1684

Fee: \$17 (non-res. \$19)

BASKETRY BASICS

10am-4pm, Sat, Feb 26 88728 Norm Kiddler
Experience the variety of California Indian basketry styles then get hands-on. We will spend an hour or so learning to spin willow for fire projects, then use whole shoot and/or storage willow to make a woodpecker tar and/or storage basket. 15+rs.

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

THE HUNTER-GATHERER HIKE

10am-2pm, Sat, Mar 12 88729 Norm Kiddler
Transport yourself back in time as we walk the park in the role of stone-age Californians. We will make basic tools while searching for food, fiber, fire, medicine and shelter. 10+rs.

Reg. Required: (510) 636-1684

Fee: \$25 (non-res. \$29)

FLAG HILL JOURNEY

THROUGH TIME

8am-noon, Sat, Mar 19 Cat Taylor
Take a journey back to when shallow seas covered the land millions of years ago, to times more recent when the Ohlone called this wilderness home, to the days of the first settlers, and back to present time on this 3 and one-half mile hike up Flag Hill to High Valley and Indian Joe Creek. 1,000-foot ascent. Bring lunch and water. 7+rs.

WATERFALLS & WILDFLOWERS

5-7pm, Sat, Mar 25 88966 Garcia/Dean-Freemant
Rent a horse or bring your own to join our "Ridin' Rangers" on a naturalist-guided exploration of lovely Little Yosemite and lofty Cerro Este. Experienced riders only. 14+rs.

Reg. Required: (510) 636-1684

Fee: \$63, horse owner \$13 (non-res. \$71/\$21)

EDUCATORS ACADEMY: DRAWING

ON THE ARTIST WITHIN

9am-5pm, Sat, Apr 2 88731 Cat Taylor
Have you ever longed to tap into your creative, artistic side but never progressed beyond stick figures? Do you find teaching art to be intimidating? Through a series of fun exercises, we'll tap into our right brains and discover the secrets of line, composition and perspective. The afternoon will lend itself to nature journaling on a sketch hike where we will explore the natural world around us! This class addresses Section 2-Creative Expression of the California State Curriculum Content Standards (grades K-8). adult

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

SPRING WILDFLOWER FESTIVAL

11am-4pm, Sat, Apr 9 Cat Taylor
The hills are alive with wildflowers! Come along on a wildflower hike, view colorful slideshows, make a craft or two, play nature games and learn about the diversity and complexity of the blooms around us. Call for a complete schedule.

SUNOL TO MISSION PEAK

9am-3pm, Sat, Apr 23 Cat Taylor
A 10 and 1/2 mile round-trip hike up the backside of this Bay Area landmark. Discover natural and historical points of interest and enjoy views of the Bay Area along the way. 8+rs.

Reg. Required: (925) 862-2601

Fee: \$12 (non-res. \$14)

TILDEN NATURE AREA

The Environmental Education Center is open Tue.-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tnarea@ebparks.org.

ARTIST EXHIBITION

Tilden Nature Area, EEC

10am-5pm, Feb through March

Please welcome Mary Robinson's series of paintings "Tilden on My Mind" which were informed by walks in Tilden Park. The paintings are landscapes of places, events, memories and dreams. Abstract, stylistic, impressionistic or surreal, they extend into an interior landscape to convey the spirit of a place and allow one to experience the landscape in a deeper dimension. For more information see www.maryrobinsonart.com

TILDEN TODDLERS

2-3pm, Sat, Feb 5, Apr 2

All you non-napping toddlers-bring your grown up friends and we'll explore the Nature Area looking for our amphibian friends. 2-3 yrs.

KIDS' GARDEN C.I.P.

2-4pm, Sat, Feb 5, 19, Mar 5, 12, 26, Apr 2, 16

Join this exciting club for kids to explore the world of gardening. We plant, harvest, build, make crafts, cook and get dirty! Themes and activities vary. 7-12yrs.

Reg. Required: (510) 525-2233

Fee: \$5 (non-res. \$7)

CONFERS OF CALIFORNIA

10am-noon, Sun, Feb 6

Our state has superlative cone-bearing trees: tall-est, biggest, rarest. We'll look at them and learn their history.

EARLY BLOOMERS

2-4pm, Sun, Feb 6

By now current, leatherwood and trillium should be out. We'll look for them and other flowers and learn their natural history and uses.

MYTHICAL OWLS

4:30-5pm, Sun, Feb 6

Think owls only live in the deep dark woods? They can spin their heads around and around? We'll separate fact from fiction about these 'smart' birds. Discover what they eat by playing with their food.

LAND HIKE AT FOUR

4-5:30pm, Mon, Feb 7, 28, Mar 7, 14, 21, 28

At 4 a.m., 11, 18, 25 Salli Lundgren Taste some of the best teas from the Pacific Rim and South Asia, learn their cultural and natural history, then take a hike to see pacakrat nests, ducks at the lake, or a complete surprise!

Reg. Required: (510) 525-2233

Fee: \$5 (non-res. \$7)

WINTER'S SKY AT NEW MOON TIME

6:30-8:30pm, Mon, Feb 7

Alan Kaplan New Moon means no moon, so winter's stars will blaze even brighter tonight. Dress warmly for a chilly evening's star study. We'll walk down the Nimble Way.

TILDEN MINI-RANGERS

3:30-5:30pm, Tue, Feb 8 #8134, Mar 1 #8135, Tue, Apr 9 #8136

Dave Zuckerman Find out how it feels to be a Ranger! Join us for an active afternoon of nature study, conservation and rambling through the woods and waters. Dress to get dirty, for 8-12 year olds, unaccompanied by their parents.

Reg. Required: (510) 636-1684

Fee: \$6 (non-res. \$8)

MINI-FARMERS

10-11:30am, Sat, Feb 12, Mar 12, Apr 9

Hicks/Osias/Gargano We will explore the Little Farm, care for animals, do crafts and farm chores. Wear boots and dress to get dirty! We'll learn about sheep in February, pigs in March, and goats in April. 4-6yrs.

Reg. Required: (510) 525-2233

Fee: \$5 (non-res. \$7)

MEET THE ARTIST RECEPTION

2-4pm, Sat, Feb 12

Linda Yemoto Come enjoy the paintings of artist Mary Robinson as she demonstrates her technique of layering acrylic and/or watercolor using a variety of tools including brush, roller, palette knife and sponge.

VALENTINE'S DAY HISTORY HIKE

10am-noon, Sun, Feb 13

Alan Kaplan A day for love and lovers! We'll look for mating activity among non-human animals and talk about the origin of tomorrow's holiday today.

SEE OUR SNAKES

10:30-11:30am, Sun, Feb 13, Sat, 30 Gargano

We'll bring out our snakes, discuss their behavior, and find out first-hand that they aren't slimy.

VALENTINE'S DAY CARD WORKSHOP

2-4pm, Sun, Feb 13

Alan Kaplan Make a card or two for a loved one. We'll learn about the cultural history of Valentine's Day.

Chocolate prizes for answers to the quiz!

Fee: \$5 (non-res. \$7)

SUSHI WORKSHOP

(LEARNING THE BASICS)

11am-2:30pm, Sat, Feb 19 #8476

Yemoto Join us for this delicious workshop to learn the natural history of many of the ingredients used in creating this ancient cuisine. Prepare and taste seven basic types of sushi including makizushi, nigirizushi, and gunkanmaki. Parent participation required for children 10-10yrs.

Reg. Required: (510) 636-1684

Fee: Adult \$35/Senior \$30/child 8-12yrs. \$25

\$39/\$34/\$29

GLORIOUS MUD

9-10:30am, Sun, Feb 20

Kate Scott Not all dirt is bad. Come to Tilden for a healthy dose of mud as we explore the soggy grounds; we'll identify and learn about animal tracks; as we leave our own. 7-10yrs.

HAIKU AND Renga:

POETRY AND NATURE

2-4pm, Sun, Feb 20

Alan Kaplan These two forms of (Japanese-inspired) poetry can open nature to you in new ways. We'll walk around the park and stop for creative writing.

TILDEN TOTS

10-11:30am, Wed, Feb 23 #8477, Thu, Feb 24

#8478, Tue, Mar 22 #8479, Wed, Apr 6 #8480,

Thu, Apr 7 #8481

Linda Yemoto Feb. 23 & 24: We'll search for amphibians.

March 22: We'll learn about the cycle of water.

April 6 & 7: We'll discover plants. Bring a light colored t-shirt. Join Ranger Linda on a nature

adventure for 3 & 4 year olds each accompanied by an adult. Program includes hike, craft, snack.

Reg. Required: (510) 636-1684

Fee: \$6 (non-res. \$8)

TILDEN EXPLORERS

3:15-4:45pm, Thu, Feb 24 #8482, Mar 24 #8483,

Wed, Apr 20 #8484

Linda Yemoto An after school nature adventure program for

5-7 year olds who may be accompanied by an adult. No younger siblings, please. A different

topic each month. Program includes hike, craft and snack. Feb. 24: We'll search for amphibians.

March 24: We'll learn about weather. April

21: We'll discover plant secrets.

Reg. Required: (510) 636-1684

Fee: \$6 (non-res. \$8)

WET & WILD

11am-noon, Sat, Feb 26

Salli Lundgren Come walk in the rain (or shine) to see who's

out there. Lots of animals and plants need

weather to thrive. Can you name one?

GIDDY FOR GOATS!

3-4pm, Sat, Feb 26

Salli Lundgren Lola, Princess and the kids love attention. Come

in the pen to feed, brush and pet the Little Farm

goats while you learn why goats are important

on a farm.

ALL THINGS FUNGAL CONSIDERED

10am-noon, Sun, Feb 27

Alan Kaplan Everything mycological is fair game today. Out

bring your lunch, don't plan to look for it! We'll

search for examples of mushrooms and lichens

and learn the new science of Fungi.

LAUREL CANYON CRYPTOGRAM SLOG

2-4pm, Sun, Feb 27

Alan Kaplan We'll look for plants without flowers and learn

about their life cycles. We usually don't go into

the heart of the park at this time of year so come

prepared for lots of mud.

HERBS

1:30-3pm, Sat, Mar 5

Nicole Hicks Join us to find out some simple herb alternatives

for the cold and allergy season. Bring boots

for a short plant identification romp, followed

by herbal tea and a chance to use your new knowledge.

Reg. Required: (510) 525-2233

Fee: \$5 (non-res. \$7)

BREAKFAST WITH THE BIRDS

9-10:11am, Sun, Mar 6, 13, 20 Jessica Sheppard

Bring your own beverages, share some pastry and

we'll learn about what's feathered down at the

lake. This is for you, beginner birder; the birds

should be busy this spring nesting, flirting and

feeding. Binoculars available for loan.

Reg. Required: (510) 525-2233

Fee: \$3

SPINNING DEMONSTRATION

10:30am-11:30am, Sat, Mar 19

Kate Scott Watch the wool from the Little Farm's Black

Welsh Mountain Sheep turn into yarn on our

spinning wheel, and learn about these and other

rare breeds. Bring your knitting projects and

relax by the fire with a hot drink.

WORK IN THE GARDEN

1-3pm, Sun, Mar 6

Jessica Sheppard Spring is here and we need lots of help preparing

the garden for the warmer weather. Learn to

identify the local butterfly species and how you

can give them what they need, even in your own

backyard! We have tools; call if you need gloves.

MERCURY IN VIEW

6:30-8:30pm, Mon, Mar 7, 14

Alan Kaplan The best evening views of Mercury in 2005 are

during the next two weeks. We'll walk down the

Nimble Way to see this speedy, innermost planet,

and stars as well.

PREHISTORIC LIFE TODAY

2-4pm, Sun, Mar 13

Jessica Sheppard Hike back in time! Ancient plants and primitive

insects are all around us: ferns, liverworts and

silverfish provide a living example of what once

was. Discover our connections to the past.

LET'S MAKE PAPER

2:10-4:30pm, Sat, Mar 19

Gina Gargano Discover how to recycle used paper into re-usable

paper. We'll learn about the 'triple R's' as we

make recycled journals. 7-11yrs.

Fee: \$3

LET THERE BE LIGHT!

11am-1pm, Sun, Mar 20

Salli Lundgren Celebrate the extra daylight hours of springtime

by light a candle to make. Use recycled wax to

make several different kinds of candles, and

discover how they were made long ago.

LOST WATERFALL IN SPRING

1-4pm, Sun, Mar 20

Jessica Sheppard Learn the history of the waterfall that used to

be, as we enjoy the sights and sounds of spring

along a wooded stream. Pack water and a snack

for this easy-paced 3.5 mile hike. Be prepared for

muddy trails.

HOLIDAY EGG COLORING

2-4pm, Sat, Mar 26

Gina Gargano Get creative and learn about Easter traditions.

We'll visit the bunnies, collect eggs, and do some

decorating. Wear old clothes. 7-11yrs.

Reg. Required: (510) 525-2233

Fee: \$3

EARLY MORNING EGG HUNT

9-10:30am, Sun, Mar 27

Jessica Sheppard Amphibians have hidden their eggs in the best

place for their babies to grow up. Learn about the

life cycle of frogs and salamanders as you dip

into their watery world. Then hunt for the kinds

of eggs that you can take home!

Reg. Required: (510) 525-2233

Fee: \$5 (non-res. \$7)

THE LITTLE FARM'S SHEEP

1-3pm, Sun, Mar 27

Jessica Sheppard Celebrate the spring holiday with a visit to our

black sheep. Search for the sheep of a different

color, discover lots of eggs, and pet a bunny, as

you find out what all this has to do with Easter.

THE LIGHT AND DARK OF LIFE

10am-noon, Sun, Apr 3

Alan Kaplan The start of Daylight Savings Time is a good

time to learn what's new about biological clocks.

Learn how plants tell time, and how ticks tick.

SIX-LEGGED SEX:

EROTIC LIVES OF INSECTS

2-4pm, Sun, Apr 3

Alan Kaplan Insects are dying for love! We'll look for insect

lovers today (because Valentine's Day was too

cold) and learn about the secret and discreet

world of arthropod amour.

JUMPING JUPITER!

7:30-9:30pm, Mon, Apr 4

Alan Kaplan You'll have to wait until 2010 to get a better

view of Jupiter than right now. We'll walk down

the Nimble Way to see this gas giant and other

worlds and stars.

SPRING PONDS

2-3:30pm, Sat, Apr 9

Linda Yemoto We'll explore the ponds to learn about spring life

cycles. Capture and release naids and nymphs,

wrigglers and squiggles.

LIFE UNDERGROUND

1-3pm, Sun, Apr 10

Alan Kaplan To be called "low life" is not always bad. We'll

start with the EEC's "Look Out Below!" exhibit,

then walk to learn other subterranean stories.

COMPOST CRITTERS

11am-noon, Sat, Apr 16

Interpretive Staff Learn which animals do the dirty work of turning

leftovers into rich soil, then search them out and

make a worm boat to take home. 5-9yrs.

SPRING WILDLIFE FAMILIES

10am-noon, Sun, Apr 17

Alan Kaplan Meet at the bulletin board at the Big Spigs

pullout on South Park Drive. We'll learn to recognize

the eight families of wildflowers on this hike.

Pond study shores for a rocky trail.

PONDS ARE NURSERIES

WHERE BABIES GROW UP

2-4pm, Sun, Apr 17

Alan Kaplan Aquatic entomology from the larval point of

view: see babies of dragonflies, phantom midges

LITTLE FARM WALK

Tilden Nature Area
10am-4:30pm, Mon-Fri, Jul 4-8, #8131, Jul 25-29 #8132, Jul Aug 1-5 #8133
Scott/Gargano
Experience the old-time country farm lifestyle during a week of farm camp site. We'll learn about farm animals, dig, shovel, harvest, cook, get dirty and have fun! 8-11 yrs.
Reg. Required: (510) 636-1684
Fee: \$150 (non-res. \$166)

OTHER PARKS

WOMEN ON COMMON GROUND

Times and dates vary Katie Colbert
This is a series of programs for women who love to hike, camp and play in the out-of-doors, but whose concern for personal safety keeps them from enjoying their own parklands. Activities celebrate natural and cultural history and are designed to help women reclaim the joys of wild places. Spring programs begin in March. Please call for information or a detailed flyer. Adults Info: (925) 862-2601 or visit ebparks.org
Fee: Varies

WEDNESDAY WALKS

9:30am, various dates Garcia/Fetterly
Explore unique habitats of the East Bay with our friendly group. Discover the natural and human history of our parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear and bring water. We hike rain or shine, but hikes may be re-routed due to trail conditions. For information and directions, call for a flyer or visit our website: www.ebparks.org. Feb. 2-Iron Horse Trail: We'll walk 7.5 flat and paved miles along this popular trail. The route follows the old Southern Pacific Railroad right-of-way that once connected the farms of the San Ramon Valley to ports in Suisun Bay. Feb. 16-Pleasantan Ridge: This strenuous 6-mile hike to see beautiful views of the Sunol Valley begins with a steep and possibly muddy climb up the ridge. We'll see remnants of the fruit orchards that once covered these hillsides. Feb. 23-Lake Chabot: Join native Sara Fetterly for a brisk walk around the east shore of this scenic reservoir. We'll walk 3.5 miles to Honker Bay and back. March 2-Crown Beach: Enjoy a late winter walk along the beach. Bring your binoculars to observe the abundant wildlife as we make our way to Elsie Romer Bird Sanctuary. March 16-Coyote Hills: Follow the paved Bay View Trail (perfect for strollers) on a 3.5-mile walk circling the hills. April 6-Sunol Regional Wilderness-Look for spring wildflowers on the hills of this wilderness park. Our somewhat strenuous 3-mile hike will also take us to Little Yosemite, a spectacular scene of Alameda Creek. April 20-Alameda Creek-Discover a beautiful pond in the historic Niles District on this easy 4.5-mile walk along the Alameda Creek Channel. The trail is flat and paved. April 27-Las Trampas: View spectacular scenery on a short but steep 2.5-mile hike up to Rocky Ridge. We'll follow the paved trail to the top and look for wildflowers along the ridge.

DOCENT-GUIDED GARDEN TOURS

2pm, Saturdays & Sundays docents
Learn about California native plants on free, docent-guided tours at the beautiful, naturalistic 10-acre Botanic Garden in Tilden Regional Park. Docent training is offered on Tuesdays, 9:30 a.m.-12:30 p.m., after Labor Day. See www.nativaplants.org or contact Glenn Keator at gkeator@aol.com for more information.

BIRD WALKS

7:30-9:30am, Tues & Thurs, Feb Kaplan
Feb. 9-30am, Tues & Thurs, Apr
Feb. 3, Tilden Nature Area-winter residents.
Feb. 8, Tilden-Big Springs specialties. Meet at Botanic Garden parking lot. Feb. 15, Albany Bulb, at the end of Buchanan Street, for birds and art, for mature audiences. Feb. 20, Tilden Nature Area-early spring arrivals. Feb. 22, Tilden-meet at Inspiration Point for birds of grassland and chaparral. Feb. 24, Tilden-meet at the Golf Course Road pullout, just below Grizzly Peak Blvd, for nuthatches, nuthatches, nuthatches! March 3, Briones-Bear Creek

entrance, then to the far parking lot, for early spring arrivals. March 22, Tilden-meet opposite the Pony Rides, to celebrate "gloomy winter's now awa" with Robert Tannahill. March 24, Tilden Nature Area-birds of the Bible. March 29, Tilden-meet at Island picnic site, for birds of Brazil (Room) and Botanic Garden. March 31, Albany Hill-meet at the end of Taft St. for a steep hike down for woodland and creekside birds. April 7, Tilden-meet opposite the Pony Ride for a Gorge Trail tramp. Remember: April walks start at 7 a.m.! April 10, Tilden Nature Area-Nature's Music, what's new in the science of birdsong. April 12, Wildcat Canyon-meet at the end of the Range Road for birds of willows and willows. April 19, Tilden-meet at Inspiration Point for Seaview Trail species: nuthatches, warblers, sparrows. April 26, Briones, Bear Creek entrance, then to far parking lot, for warblers and woodpeckers on the Seaboard Trail. April 28, Tilden Nature Area, for Pack Rat Trail residents and "summer complaints."

Info: (510) 525-2233
MID-DAW MEANDER
2:30-4:30pm, Tue, Feb 1, Mar 1, Apr 5 Kaplan
Feb. 1, Tilden Nature Area for early blooming shrubs and Groundhog Day lore. March 1, Regional Parks Botanic Garden for budding botany. April 5, Briones for the birds.
Info: (510) 525-2233
BIRD WALKS: MLKING SHORELINE
3:30pm, Tue, Feb 1, & 15, 22, 3:30-5:30pm, Thu, Mar 3, 10, 17, 24, Tue, Apr 5, 12, 19 Sheppard
Help us add to your marsh bird list while enjoying the sunset and a relaxing walk. See stitls, avocets, and clapper rails, and search for the elusive burrowing owl. Tuesdays in February: sun still comes early; watch the shorebirds tuck in for the evening. Thursdays in March: watch for springtime activity, flirring and fighting. Tuesdays in April: hope for afternoon hawk hunting, and see if we can spot the little owls.
Info: (510) 525-2233

NIFTY NEWS

9:30-11am, Sat, Feb 5 Kristina Parkison
It's slimy! It's poisonous! It's coming to a creek near you! Scared yet? Don't be. It's the California newt! Come to Garin and learn about the life cycle of this fascinating creature and then we'll scour the creeks on a hunt for this engaging little animal. We'll finish up with a "newt craft."

Reg. Required: (510) 636-1684

SCHOOL'S OUT!

AMPHIBIOUS ADVENTURE

9:30am-noon, Sat, Feb 12 Sabrina Dussau
Look for croaking frogs and swimming salamanders in Briones as they revel in the glory of winter. We'll hike uphill to the lagoons while discovering the importance of the wet season.

Reg. Required: (925) 757-2620

MORGAN TERRITORY MEANDER

9:30am-2:30pm, Sat, Feb 12 Cat Taylor
Spend a beautiful wintry day discovering this hidden jewel tucked away up in the hills. Meander through plant communities investigating natural and cultural history. Hike is five+ miles. Be prepared for panoramic views with the possibility of a peek at the Sierra snowcaps. 7+ yrs.
Reg. Required: (925) 862-2601

RETURN OF THE

OVER-THE-HILLS-GANG

10am-12:30pm, Tue, Feb 22, Apr 26 Zuckerman
Hikers 55 years and older who are interested in nature study, history, fitness, and fun: join us on a series of monthly excursions. Feb. 22-Briones: 3-mile round trip to the lagoons to learn about breeding amphibians (gentle uphill with possible mud). April 26-Morgan Territory: learn the history, enjoy grand vistas, sandstone mortars, and spring flowers. 55+ yrs.
Reg. Required: (510) 525-2233

THE DEVILISH DELIGHTS

OF DEVIL'S HOLE

8am-1pm, Sat, Feb 26 Cat Taylor
Discover the glories of Las Trampas' Devil's Hole during this 6+ mile round-trip journey. About 1,800 feet of total elevation gain with some strenuous ascents. We'll explore the exciting geology and natural history of this geologic gem. Pack lunch. 8+ yrs.
Reg. Required: (925) 862-2601

BIRD YOURSELF SILLY

9am-11:30am, Thu, Mar 3, 17, Apr 14, 28 Moran
Join the fastest growing leisure endeavor in the country! March 3 and April 14-Ironhouse Sanitary District: Wetlands residents and wanderers. Wheelchair accessible. March 17, Diablo Foothills, and accessible. March 20, Round Valley: Woodland wings and raptors.

Reg. Required: (925) 757-2620

BLUEBIRDS

2:30-5pm, Sat, Mar 5 Sabrina Dussau
Nesting season has begun! Hike through Briones while checking the bluebird boxes to see how these young couples are faring. Find out how you can ensure the propagation of young thrushes.

Reg. Required: (925) 757-2620

KNOW YOUR INLAND COAST!

1:30-3:30 pm, Sun, Mar 6, 13, Apr 10 Moran
We'll explore three shoreline parks for views, critters, plants, and lore. March 6: Big Break. March 13: Martinez Shoreline. April 19: Carquinez Regional Shoreline.

Reg. Required: (925) 757-2620

RIDGE AND ODYSSEY

9am-5pm, Sat, Mar 12 Cat Taylor
Join us for a 12-mile all day exploration featuring Pleasanton Ridge's grand ridge-top views and hidden shady canyons as we hunt for amorous amphibians and other harbingers of spring. Be prepared for steep and muddy trails and possible wet creek crossings. 8+ yrs.

Reg. Required: (925) 757-2620

PINE CREEK PEEK

10am-noon, Sat, Mar 12 Sabrina Dussau
Diablo Foothills. Get a glimpse of the glory surrounding this creek-the plants and the critters of which we will speak. Two easy miles is all we will walk; bring your family to this nature talk.

Reg. Required: (925) 757-2620

WONDERFUL WILDOFLOWERS

9:30-11:30am, Sat, Apr 9 Kristina Parkison
Explore Garin's valleys and hills in search of spring wildflowers! Bring your hiking boots and flower books and acquaint ourselves with their secret identities. 6+ yrs.

Reg. Required: (510) 636-1684

LAND BANK TOURS

10am-1pm, Sat, Mar 19 Brushy Peak #8793, 10am-1pm, Sat, Apr 9 #8792 Robert Doyle
The EBRD's Land Department will lead a series of hikes to explore newly protected Measure AA land bank properties that are currently not open to the public. March 19-Brushy Peak: Join Bob Doyle, Assistant General Manager of the Land Division, for a preview of this wonderful area scheduled to be opened in 2005. This new acquisition totals 1,500 acres of wildflowers, birding, and sweeping views. EBRD's Resource Enhancement Program began a \$2,000,000 habitat restoration in 2004, and the Design and Construction Dept. is developing new park facilities. April 16-Vasco Caves: Explore the newly acquired Souza property with Doyle. See the carefully protected caves that are sacred to Native Americans. See vernal pools, wildflowers, rare plants, a thriving bird community, and vistas of East Contra Costa County.

Reg. Required: (510) 636-1684

Fee: \$10 (non-res. \$12)

GRIZZLY ISLAND SAFARI

9am-noon, Sun, Mar 20 Mike Moran
Time for our annual wildlife extravaganza at Grizzly Island State Wildlife Area, the largest contiguous estuarine marsh in the lower 48. We'll explore this home of resident and migratory birds and shorebirds of the great tule lake.

Reg. Required: (925) 757-2620

DISCOVERY HIKES FOR WEE TIKES

9:30-10:30am, Tue, Mar 22, Apr 9 Moran
Come discover the magic of hiking with your little one(s)! We'll use at least four senses to find out what graces these flat paved trails alongside Marsh Creek (March 22) and Big Break in the Delta (April 19). Bjorns, backpacks, and bi-peds are welcome.

Reg. Required: (925) 757-2620

FULL MOON FROLIC

5:30-7:30pm, Fri, Mar 25 Sabrina Dussau
Let the moonlight shine on the night life in Briones as we head up to the lagoons in search of nocturnal critters and celestial shiners.

Reg. Required: (925) 757-2620

SPRINGTIME JAUNT

TO MURRIETTA FALLS

8am-4pm, Sat, Mar 26 Cat Taylor
Explore the tallest waterfall in Alameda County as we discover the history and challenges of the Ohlone Wilderness Trail along this 13-mile round-trip hike. Be prepared for major uphill and downhill hiking, mud and spectacular scenery. 10+ yrs.

Reg. Required: (925) 862-2601

THE HILLS ARE ALIVE

10am-12:30pm, Sat, Mar 26 Sabrina Dussau
With color, that is. Enjoy the beauty and discover the purpose of our local flora on a hike through the oak woodland and chaparral of Morgan Territory in search of early bloomers.

Reg. Required: (925) 757-2620

VIEW OF THE REGIONAL PARKS

Neon-3pm, Sun, Mar 27 Round Valley, Apr 3, 24 Morgan Territory, Apr 17 Black Diamond Mike Moran
To see what you can see come to the grand parks of East County! We'll revel in vast vistas of California and turn our eyes to the plants and animals close at hand. Heavy and hilly, these hikes are sure to reward your efforts.

Reg. Required: (925) 757-2620

EARLY BIRDS

9:30-11am, Sat, Apr 2 #8785 Kristina Parkison
Introduce your two-footed fledglings to the winged variety! This class focuses on what makes birds special and basic identification through games and stories. Then we'll put our new knowledge to use and take a bird walk at Hayward Shoreline to see these fascinating animals in action. 5+ yrs.

Reg. Required: (510) 636-1684

CREEKS, PONDS, AND PUDDLES

9:30am-12:30pm, Sat, Apr 2 Greti Sequin
For more information on this and other classes and programs at the Botanic Garden, visit www.nativaplants.org.

VERNAL VISTAS

3-4:30pm, Sat, Apr 2 Bethany Facendia
Come admire the spectacular views while taking in the freshness of spring at Oyster Bay! Observe wildlife at this unique shoreline that was once a landfill. We will complete a loop trail at a leisurely pace. Bring field guides, water, and a light lunch.

NEWTS, VOLCANOS & WETLANDS

10am-1pm, Sat, Apr 3 Gail Broderick
What do a volcano and a newt have in common? A wetland of course! To find out more and uncover other mysteries of Sibley Volcanic Preserve, join me for an exploratory walk. Expect some up and down hiking; dress for the weather. Bring a sack lunch and something to share. Light rain, heavy rain, heavy rain may cancel.
Info: (510) 521-6887

STRIDING INTO SPRING

11am-1pm, Sat, Apr 9 Bethany Facendia
Just a few weeks past the vernal equinox, we will observe the first signs of spring on this regenerative walk. Discover new life in a variety of Sibley ecosystems from ponds to plateaus.

Reg. Required: (510) 521-6887

RIDGELINE WONDER

10am-3pm, Sun, Apr 10 Gail Broderick
Ever wonder what life was like in the wilds of Oakland long ago? Why was this tranquil area called a "Suburb of Hell"? Join me today and explore the past, present, and future of this wonderful area. We'll explore Roberts Regional Rec. Area looking for signs of its past and present uses, and then take a quick look inside the Chabot Space and Science Center before heading home. 7+ yrs.

Reg. Required: (510) 521-6887

FAMILY BIRD PROGRAM

10am-noon, Sat, Apr 16 Bethany Facendia
Come learn birding in the redwood forest with the entire family. Explore the varied bird species that are an integral part of the forest ecosystem. We will begin our approximately 2.5 mile walk at Redwood's Redwood Bowl Staging Area. We have a few pairs of binoculars for loan.

Reg. Required: (510) 521-6887

REDWOOD RAMBLE


2-4pm, Sat, Apr 16 Bethany Facendia
Immerse yourself in the magic of a redwood forest on an afternoon stroll. We will use all of

our senses to explore the flora and fauna that thrive in this riparian corridor. We will start at Redwood's Canyon Meadow Staging Area for a 2.5-mile walk along the Stream and Bridle Trails. **Reg. Required: (510) 521-6887**

MORNING RAMBLE AT LAS TRAMPAS
9:30am-1pm, Sun, Apr 17 Gail Broesder
Hike through Las Trampas' chamise, chaparral and oak for breathtaking views, and much more. Learn how the plants and animals use spring to prepare for summer. This is a vigorous hike, with lots of ups and downs. 7+ yrs.

Reg. Required: (510) 521-6887
BOTANIZING CALIFORNIA
9:30am-12:30pm, Sat, Apr 23, 30

For more info on all other classes and programs at the Botanic Garden see visit www.nativaplants.org.

MORNING RAMBLE: REDWOOD AND SAN LEANDRO RESERVOIR 
9:30am-2:30pm, Sun, Apr 24 Gail Broesder
We'll go up and down and all around on this 10-mile hike from Redwood Regional Park through EBRMD lands to Upper San Leandro Reservoir. Travel through multiple habitats including Chaparral and bay-oak woodlands. 7+ yrs.

Reg. Required: (510) 521-6887
UNA ADVENTURA DEL LAGO

3-4:30pm, Sat, Apr 30 Bethany Facendini
¡Vengan a una caminata bilingüe sobre la ecología fascinante de lago! Una excursión de 2.5 millas con actividades de naturaleza para toda la familia. El programa comienza al puerto del lago, "Lake Chabot Marina." Para más información acerca de las caminatas, favor de comunicarse con Betania al tel. (510) 521-6887.

FULL CIRCLE-FROM SEED TO SEED
9am-3pm, Mon-Fri, Jun 20-24 EDGETA
A 5 day camp in the Botanic Garden. Activities relating to gardening, botany, and creatures of the garden through journal keeping, music, exploration and play. 6-8 yrs.

Reg. Required: (925) 841-8732
Fee: \$180

VOLUNTEER

PUBLIC SAFETY

VOLUNTEER OPPORTUNITIES

On-going volunteer programs assist District staff in the delivery of essential services, including educating trail users about trail safety; assisting the helicopter with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. **FLIGHT MEDICS**, Sgt. White, Info: (510) 785-3370. **BICYCLE PATROL**, HIKING PATROL, **COMPANION DOG PATROL**, **MOUNTED PATROL**, Patrick Balizan, Info: (510) 544-3133

PARK/TRAIL GUIDES

Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.).

Info: (510) 849-4663

OPERATIONS VOLUNTEERS

Join us in removing non-native plant species from the Regional Parks. Winter is the perfect time to make way for spring flowers. Meet interesting people and explore new parks. Wear sturdy shoes and dress for the weather. For information call Sharon Saffas at (925) 756-0195.

WILDLIFE VOLUNTEERS:

IT'S YOUR TURN

2pm-5pm, Sun, Feb 6, 20 Doc Quack
An exciting adventure over land and water to help create and manage nesting habitat for the State and Federal Listed endangered California Least Tern. Make new friends, peer into the world of wildlife, and earn your "Least Tern Habitat Helper" patch. Parent participation required. Wear outdoor clothing (long pants), hiking boots, gloves, hats, water, and sunscreen.

Reg. Required: (510) 544-2340

WILDLIFE VOLUNTEER: FOREST OF THE FUTURE

2pm-5pm, Sun, Mar 6, 20

Doc Quack
During this fun-filled opportunity you'll discover the "nutty wildlife truths" about oak trees, and help the world breathe easier by tending and caring for trees at Coyote Hills. Each tree planter will receive a "Forest of the Future" patch. Parent participation is required. Bring the following personal protective items: outdoors clothing (long pants), hiking boots (closed-toe footwear), gloves, hats and gloves, water, and sunscreen.

Reg. Required: (510) 544-2340

WILDLIFE VOLUNTEERS: BREEDING

BIRD BIOLOGISTS

6-8 am, Sun, Apr 3, 17

Doc Quack
Here is your opportunity to get "nose to beak" with birds while "conducting" real fieldwork to help manage our feathered friends. We'll work in a wet, muddy, and insect rich environment: wear outdoor clothing (long pants), hiking/mud boots (waterproof), gloves, hats, water, insect repellent, and sunscreen. Space is limited.

Reg. Required: (510) 544-2340

CALIFORNIA TRAILS DAY

8:30am-1:30pm, Sat, Apr 23

Noonan
Help with trail tread improvements, painting, tree planting, and habitat improvement. Tools provided. Wear sturdy shoes. Bring water, snacks and gloves. Lunch provided. No dogs, please.

Reg. Required: (510) 544-2515

EARTH DAY RESTORATION PROJECT

10am-noon, Sat, Apr 23

Kathleen Fuese
Join other volunteers in helping to clean up our beautiful bay shoreline! The Park District and the California State Parks Foundation are co-sponsors of this special work effort. Volunteers will remove trash debris and non-native vegetation at Eastshore State Park. Bags and gloves are available. Bring a shovel or pick if you have one. 6+ yrs.

Reg. Required: (510) 544-2515

VISITOR CENTERS

ARDENWOOD

34600 Ardenwood Blvd.
Fremont, CA 94555-3645
(510) 796-0663

BLACK DIAMOND MINES

5175 Somersville Road
Antioch, CA 94509
(925) 257-2620

BOTANIC GARDEN

Tilden Regional Park
Berkeley, CA 94708
(510) 841-8732

COYOTE HILLS

8000 Patterson Ranch Rd.
Fremont, CA 94555-3502
(510) 795-9385

CRAB COVE

VISITOR CENTER

1252 McKay Avenue
Alameda, CA 94501-7805
(510) 521-6887

DEL VALLE

7000 Del Valle Road
Livermore, CA 94550
(925) 862-2601

GARIN

1320 Garin Avenue
Hayward, CA 94544-6822
(510) 795-9385

SUNOL-OHLONE

P.O. Box 82 (on Geary Road)
Sunol, CA 94586
(925) 862-2601

TILDEN NATURE

AREA

Environmental Education Center (EEC) at Tilden Regional Park
Berkeley, CA 94708
(510) 525-2233

SWIM FACILITIES

LAKE ANZA

Tilden Regional Park
Berkeley, CA 94708
(510) 843-2137

CONTRA LOMA

1200 Frederickson Lane
Antioch, CA 94550
(925) 757-0404

CULL CANYON

18627 Cull Canyon Road
Castro Valley, CA 94552
(510) 537-2240

DEL VALLE

7000 Del Valle Road
Livermore, CA 94550
(925) 873-0332

DON CASTRO

22400 Woodroove Ave.
Hayward, CA 94541
(510) 538-1148

QUARRY LAKES

2250 Isherwood Way
Fremont, CA 94535
(510) 795-4883

ROBERTS POOL

10570 Skyline Blvd.
Oakland, CA 94619
(510) 482-6028

SHADOW CLIFFS

2500 Stanley Blvd.
Pleasanton, CA 94566
(925) 846-3000

LAKE TEMESCAL

6502 Broadway Terrace
Oakland, CA 94610
(510) 652-1155

REGISTRATION INFORMATION

NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org.

MAIL-IN: Complete the registration form on the back cover of this directory and mail with your payment (pre-printed, check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map above.

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information.



BY PHONE: Phone registration requires a credit card. Call the Reservations Office between 8:30 a.m. and 4:30 p.m. Mondays through Thursdays (8-5 in April), and 8:30 a.m. and 4 p.m. on Fridays (8-4 in April). The Office is closed on week-ends and holidays. Please call the phone number for your area:

Oakland.....	(510) 636-1684	Hayward.....	(510) 538-6470
Contra Costa Co.....	(925) 676-0192	Outside East Bay.....	(510) 636-1684
Livermore.....	(925) 373-0144	TDD.....	(510) 633-0460

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds** available for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional \$15 Returned Check charge.

CREDIT CARDS:

VISA  
VISA and Mastercard are accepted for all fee programs *except* those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY:

REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation at **least seven days prior** to the class or program. Failure to notify the Reservations Office at **least seven days in advance** of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

Special Cancellation Policy: For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available **less than 14 days prior** to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.



On-Line Registration: www.ebparks.org/events

Make checks payable to: EBRPD

☐ MasterCard ☐ VISA

Name (parent or guardian if under 18)

Address

City

Zip

Day phone

Night phone

email address

Amount \$

Expiration date

Authorized signature _____

Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)	\$1
Subscribe to this publication (Regional in Nature) (Optional)	\$5
Submit additional registrations on an attached sheet	Total \$

Submit additional registrations on an attached sheet

Total

Signature required

Parent or guardian if under 18

Date _____

☐ Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other _____

Office

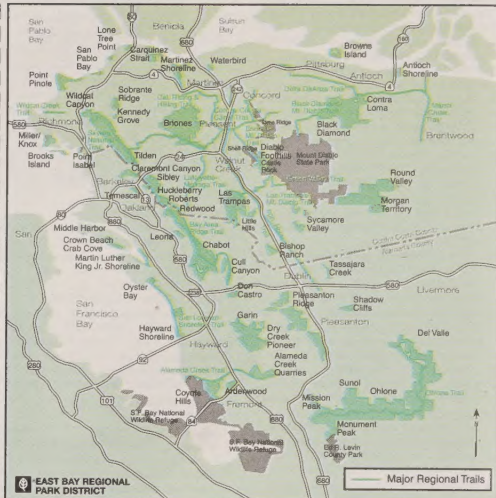
Amount paid

Check no./case:

Register no.

Staff initials

East Bay Regional
Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381



2nd Annual

Walk In The Park

FAMILY HEALTH AND LIFESTYLE EXPO!

Saturday, April 30, 10 a.m. to 3 p.m.
Quarry Lakes Regional Recreation Area
Fremont, CA.

This event will offer healthy ideas, activities, and entertainment for families all over the Bay Area, including

**Interactive Sports Seminars
Bay Area Professional Athletes
Skateboarding Half-Pipe Showcase
LIVE Concert by Radio Disney Artists
Games and Rides
Interactive Displays and Exhibits**

**If you are an exhibitor and would like to participate,
please call Carol Johnson at (510) 544-2206**

KGO Radio will broadcast LIVE
with Health and Fitness Guru Joanie Greggains
Visit our Web site at www.ebparks.org for more information

